

Find a better way
to commute!

June 2008

CarLess Commute : June 2 - 15, 2008



What is it?

CarLess Commute encourages Pierce County citizens to help reduce traffic congestion, promotes improved air and water quality, and raises health consciousness. It is a two-week campaign that encourages walking, bicycling, riding the bus or commuter train, sharing the ride with someone else by carpooling or vanpooling, or trying an alternative work option—like a compressed work week or telecommuting. Participants are encouraged to **burn calories** instead of fossil fuel!

You can win prizes!

Participants are asked to track their commute and recreational miles. That's right, you can participate in your down time by walking to the store, riding your bike to the park, taking the train or bus to a Mariner's game, or carpooling to the movies. These are just a few ideas to get you started carless commuting in your leisure time, too! All who participate will be entered into a drawing to win a **Mountain Bike from Bike Tech** and several other fun prizes – even a **Harbor Cruise from Argosy Cruisies!**

How do I participate!

It's easy! Mail or FAX your participation form (*see page 13 of this COG*) to the Parks office by July 3, 2008. Anyone can participate so be sure to spread the word to everyone you know. If you have any questions about CarLess Commute, feel free to send me an email at carlesscommuter@comcast.net, I'd love to hear from you.

Deanne Lawrence, CarLess Commute Coordinator

Pierce County CarLESS Commute

by Carla Gramlich, Team Captain for TWBC

During the first two weeks of June, is a great time to try a new way to go to/from work. I am the Team Captain for Tacoma Wheelmen's Bicycle Club. During this time you can ride you bicycle to be part of the team but other options are also encouraged. Walking, carpooling even working from home are counted. If you work at a place that has several employees you could start your own team for you work place. If you are self employed or even retired you can be part of my team (I work for a big company by there are only myself and another worker here in Tacoma).

It is easy to do and you might find another way to get around without your car. It is really possible you could find a way to save money and save the earth. Everyone will be a winner!

Find out more information on CarLess commute at <http://www.co.pierce.wa.us/pc/abtus/ourorg/parks/CarlessCom.htm>. You can use the following link to download your Participation Form, <https://www.piercecountywa.org/pc/Abtus/ourorg/parks/carlog.htm> or use the form in this COG. After June 15, send in the form stating you are part of the TWBC team.

The COG Home Page

Next Club Meeting:
Tuesday, June 17, 2008

May Ride Calendar Deadline:
Wednesday, June 18, 2008

May COG Article Deadline:
Thursday, June 19, 2008

(If you don't receive your newsletter, whatever the delivery method, contact the editor!)

The TWBC 'Smiling Bicycle' Logo was designed by member Steve Lay, as are the majority of our Club Ride T-shirts, as well as the Club Jersey.



TWBC Ride Line
253 - 759 - 2800
UPDATED WEEKLY!

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Sharon Remagen, 253 - 847 - 7907

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PMC

Mary Dahl-Smith, Ron Nowicki
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Caroline Baker

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rapsody2005@earthlink.net

Ralph Wessels, 253 - 857 - 5658

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jerseys@twbc.org

Peggy Fjetland, 253 - 841 - 4458

BIKE EXPO:

bikebooth@twbc.org

Peggy Fjetland, 253 - 841 - 4458

ANNUAL CLUB PICNIC:

(Sept. 2008):

Caroline Baker

We Need a Publicity Person

Your Name could be here!



June Draft Lines

By President Carol Davis



What an exciting month this has been! So much attention on bicycling! We have received so much attention in the media –TV, newspapers, internet! Public officials are getting the message that “Complete Streets,” and trail systems are an important part of our infrastructure. It feels like we are being respected!!

With all of this extra attention, surely motorists are paying more attention to us on the roadways. Maybe some of them are even thinking, “There goes one less car!” With all of this extra attention, it is imperative that we all behave respectfully and safely. Remember that when you are out there, you represent all of us. People generalize about cyclists from the behavior of a few.

Post-Daffodil, we received an e-mail from someone in the Orting community complaining about cyclists’ behavior. This is nothing new. We could just dismiss it and say, there will always be cranky motorists out there who don’t think we have a right to be on the roads. But we could assume that he has a point. There are cyclists out there who don’t behave appropriately. Let’s make sure that we are not some of them. Let’s be role models.

When riding in a group, it is easy to develop the buffalo herd mentality, following others when we should be thinking for ourselves. Just because everyone is riding two or three abreast doesn’t mean it is OK. Just because someone else crossed the road, doesn’t mean it is safe now! Just because someone else rolled past a stop sign without stopping when there wasn’t a car approaching doesn’t make it right.

I, too, am guilty of some of this in some instances. No one likes to break momentum at a stop sign when there is no car approaching any way! (Some of you know about my ticket for running a red light in Seattle.) Great energy comes from riding with the group!

But if we want to be respected and we want to promote the “Share the Road” concept, we must follow all of the same rules as the motorists even if it means interrupting momentum! Some one will catch us out of the corner of their eye

and subliminally get the message that we belong on the road rather than we don’t belong on the road! A child or cyclist wannabe will get the message about how to behave. Other cyclists can follow us doing the right thing rather than following the buffalo herd over the cliff.

Bike Ride Around Puget Sound



Aug. 23 - 24

By Ralph Wessels



Start this year’s fifth annual Ride Around Puget Sound (RAPSody) by bicycling across the new Tacoma Narrows Bridge on the 10-foot bike path. Great water and mountain views characterize the entire 165-mile route, which starts and ends at Tacoma Community College and passes through Port Orchard, Shelton and Olympia Aug. 23-24.

To fuel you up the rolling hills, ride organizers provide yogurt parfaits, hot calzones, fresh bread rolls and fruit at scenic reststops. Registration also includes souvenir socks, mechanical and ride support, luggage transport, free indoor and outdoor camping at Shelton High School, free showers and free overnight parking in Tacoma.

There’s also live music on Saturday and ice cream bars to celebrate the finish on Sunday. Riders can complete this challenging ride in one or two days.

RAPSody is a fundraiser for the Bicycle Alliance of Washington’s statewide bike advocacy and education efforts. The event is organized by West Sound Cycling Club, Tacoma Wheelmen’s Bicycle Club, Seattle Bicycle Club, Capital Bicycle Club and B.I.K.E.S. Club of Snohomish County. Organizers hope to raise \$10,000 to help BAW support bicycle-friendly legislation, facilities and policies.

Cost is \$80 through July 20. Save money by signing up early and joining the Bicycle Alliance. Registration closes on Aug. 17. Register by June 30 to order a RAPSody jersey designed by Steve Lay. The design is on the RAPSody website. For more information, visit www.rapsodybikeride.com or call 206-577-6999. You can register online at www.active.com.

If you would like to volunteer to help on RAPSody ride, contact Ralph Wessels at 857-5658 or ralphdena@earthlink.net. Volunteer positions are posted on the website.



Bob Myrick
TWBC Director of
Community and
Government
Affairs



*Actions affecting you
and your community....*

Our committee decided to meet on Tuesday, May 6 at the HUB, a new bicycle theme place at 203 Tacoma Avenue South. The HUB is a great place, but a little noisy to accomplish our work and have a meaningful dialogue. I have been asked to move the Tuesday, June 3 meeting back to the Taqueria Guadalajara in the Stadium District at First and Tacoma Avenue at 6:30pm. We will be on vacation in July and August with no formal meetings set up. The next meeting after June will be on Tuesday, September 2, at 6:30pm at the Taqueria Guadalajara. We all agreed we should continue to patronize the HUB, especially at Happy Hour. It is a great gathering spot.

I reported on Pierce County Parks' proposal to rebuild the Sprinkler Ice Rink building at a cost of \$28 million. Pierce County Councilwoman Barbara Gelman had wisely introduced an amendment to just continue design and study of this proposal since Parks doesn't have the cash flow to support a \$28 million bond issue. At the Council meeting, I indicated Parks has a planning document outlining up to \$330 million in possible projects. I also said this was way too much for Parks to finance and suggested they might trim the list down to about \$100 million which could include about one third for trails, one third for Sprinkler and one third for other improvements. A \$100 million bond issue or doing the work over time would require additional cash flow of just over \$6 million each year to add to the almost \$2 million available now. I plan to continue to follow this matter. Parks and the County Administration has lost some supporters due to spending monies intended for park development on administration and some operating and maintenance. To be fair to Parks, I have discovered that most of this operation and maintenance is to support the projects already built with the capital improvement cash flow and that is consistent with the original basis of creating special taxes to build parks and then, operate and maintain them. Only fully funding the front office and a recent \$100 thousand operation and maintenance expense is questionable in my mind. In other words, Parks need our help to find a

reliable additional cash flow of about \$6 million per year. To add to this discussion Forever Green is trying to add a small increase in our sales tax that could raise \$9 to 12 million a year for trails development, operation and maintenance. Getting such a tax proposal on the ballot could take a while. Right now, my most important priority is to get the Foothills Trail properly connected to the Puyallup River Walk and to Shaw Road out by our Meeker Trailhead. I am also concerned about the possible delay of City Water Ditch Trail construction due to low cash balances in the Tacoma Public Works accounts.

Ralph has offered to lead the effort to get Tacoma, Pierce County and others to adopt Complete Streets Ordinances. You know that Tacoma/Pierce County Health Department is also promoting this effort. Recently, Tacoma Audubon, Sierra Club, Futurewise, Transportation Choices, Citizen's for a Healthy Bay, Friends of Pierce County, and Cascade Land Conservancy have recently come out to jointly support these efforts. Tacoma's Green Ribbon Task Force also identified Complete Streets as a major issue. Ralph serves on the Statewide Transportation Improvement Board (TIB) and did not have success in getting them to require grantees to have Complete Street Ordinances. I have asked the Puget Sound Regional Council (PSRC) to require a Complete Streets commitment to future grantees or possibly to score extra points to complete Streets applicants when they come in to apply for funding.

Carla will be our CarLESS Commute Coordinator this year for the 17th annual program. I have asked Dixie Gatchell to consider being the coordinator for the Foothills Coalition. There should be information in the newsletter on recording your CarLESS miles. I hope you will consider participating this year for the two-week program starting on Monday, June 2.

In other news, we have finished planning for Bike to Work Week sponsored by the City of Tacoma. By now, you know it was a fairly successful effort and we thank Diane Wiatr of the City for all of her hard work in putting the various events together. We also learned that Barb Culp has taken a position with Children's Hospital in Seattle to work on nonmotorized transportation issues. Barb recently retired from leading the Bicycle Alliance of Washington for several years.

Gov. Affairs, cont. on page 10, column 1



RIDE CAPTAIN REPORT



By Carla Gramlich



We had a nice warm weekend in May and I hope everyone enjoyed it by getting out on your bike. I had made plans to ride in Yakima that weekend. It was beautiful, challenging riding in 98-degree heat. On Sunday, of that weekend, I rode through the Yakima Canyon, with zero traffic. Several times a year they closed down the Canyon to traffic. I have ridden the canyon on numerous occasions but this was the first time I have ridden with no cars or trucks. It was wonderful!

I am starting up the Thursday Evening Family ride in June. It will kickoff on June 5 and everyone is invited. We will explore the Scott Pierson Trail. After we return to the Skyline Park and Ride, we will celebrate with refreshment. Also, during June, Gene Smith has volunteered to lead a novice ride for new or returning club members. Gene is a very nice experience cyclist and I am sure he will take good care of you if decide to come out on Saturday morning.

I usually have a longer article but for the last couple of weeks I have been on Jury Duty and my scheduled has been turned upside down. I will continue on Jury Duty through June and just when I am getting use to this scheduled, I will return to nights. Then a few days at work and I will start my mellow trip down to Eugene on July 5. It may still be possible to join us. Email me if you are interested.

Happy Cycling!



Renewing Members:

Bernie Finklein, Hank & Hazel Giddings, Janet Higbee & Family, William Hill, Steve Lynch & Dee Hammer, Lorri Nichols, James R. Sherls Jr., and Teresa Seim.

New Members:

Mark D'Andrea, Dave Davison, Hallie, James & Jayne Fortt, Dennis Gorman, Carol Howe & Family, Lori Imsdahl, Michael Moses, Alethea & Bill Robinson, Dale Ryland, and Ann Vick.

Safe Psychling

by Carol Davis

Another tip from Michael Bluejay's website: Bicyclesafe.com

"The Right Hook"

This has long been one of my pet peeves because it is so hard to anticipate. The "Right Hook" occurs when a car passes you, and then turns right, right in front of you or into you if you don't slow down. I did run into a car that turned right in front of me at a round about. Luckily neither of us was going very fast.

Michael's Tips for avoiding this particular situation:

1. DO NOT ride on the sidewalk. A driver is less likely to see you if you are on the sidewalk. What do you expect to be on the sidewalk? Pedestrians! Not cars or other vehicles (i.e., bicycles)! If you are on the sidewalk, you should behave like a pedestrian and look both ways before crossing the street, driveway, etc., EVEN if you have the walk signal.

2. Left, left! Ride to the left, taking the lane if necessary. Motorists are more likely to see you if you are in front than if you are on the driver's right. Taking a lane also makes it harder for a driver to try to pass you in unsafe situations or turning into you.

I have been taking the lane much more often since I have been studying Michael Bluejay's website. However, this is the situation that frustrates motorists because they don't necessarily understand why we must do it. This is an important point for driver education!!

3. Use your mirror! Quickly look in your mirror prior to approaching an intersection. At least if you know a car is coming up behind you & so can adjust your behavior accordingly. Of course when there is a lot of traffic, and cars are continually passing you, you must ride defensively and be prepared for anything a driver might do. Don't just assume that you should ride through the intersection just because we know we have the right to. Some of this is my editorializing.

You must constantly be wary and think about what you are doing!!



twbc monthly event schedule

call the ride line for the latest additions and corrections...253-759-2800

Day/ Day	Time	Ride Code	Dist- ance	Leader/ Contact @ (253)	Ride or Activity
06/01 Sun	7 AM	29M, 50K, 100K, 100M	All	TWBC (see the COG Home Page)	Peninsula Metric Century. \$\$\$ Start: Southworth Ferry Terminal or Gig Harbor Medical Center, Kimball Dr, Gig Harbor. 
06/02 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee. Loop Pt. Defiance. Someone will stay with the slowest rider. Regroup at Ft. Nisqually, then onto Fircrest for espresso/ raspberry scones. You can shorten to 13 miles by cutting out Fircrest. Rain Cancels.  Start: Starbucks @ 26th & Proctor.
06/03 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
06/03 Tues	6 PM	00 Meet	00 & Eat	Bob Myrick 473 - 7455	Government Affairs Meeting @ Guadalajara Taqueria in the Stadium H.S. area @ 1st & Tacoma Ave. Work on bicycle problems around Pierce County. All are invited to participate.
06/04 Weds	All	Day	Wacky	Wednesday	The shopping cart, created by Sylvan Goldman of Humpty Dumpty Stores & Standard Food Markets in Oklahoma City, was introduced in 1937.
06/05 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. 100% paved trail w/ very few road crossings;. No hills, no unpleasanties or your money back! Smoothies or beverage of your choice in South Prairie (no host). Rain Cancels.  Start: East Puyallup Trailhead.
06/05 Thurs	7 PM	1 B	10	Carla Gramlich	Thursday Night Family Ride. Kick off the summer on this social ride on the Scott Pierson Trail. Refreshment following the ride.  Start: Skyline Park & Ride.
06/06 Fri	9:30 AM	2 C	25 - 35	Steve & Phyllis Lay 759 - 1816	3M Fridays. This ride will be going across the New Narrows Bridge, depending on the weather. Join us for some fun riding & bring a lunch for eating in a park or somewhere to eat.  Start: Starbucks @ 26th & Proctor.
06/07 Sat	7 AM	All	10, 25, 45, 62, & 100	Skagit Bicycle Club 360- 293 - 0802	Skagit Spring Classic , Burlington, WA. \$\$\$ Ride through Skagit & Watcom Counties. www.skagitbicycleclub.org
06/07 Sat	8 AM - 10 AM	All	20, 40, 50 & 70	Kevin at the Food Connection 383-5048	3rd Annual Wheels to Meals. \$\$\$ Fund raiser for the Food Connection. Ride through the Puyallup Valley and surrounding area. Start: WSU's Puyallup Reasearch & Extension Center, 7612 Pioneer Way East. http://www.wheelstomeals.org/



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06/07 - 06/08 Sat - Sun	9 AM, Sat	2 C	Varied	Cynthia&Steve Hammer 752 - 0801	Weekend in Port Townsend. Drive up to PT. Townsend & spend the weekend bicycling. On Sat. the Hammers will lead you on the Rhody Route. Sunday, sign up for the Fort to Fort Ride. Start: See article for more info/ or call Cynthia & Steve.
06/07 - 06/13 Sat - Fri	9:30 AM, Sat	All	Varied	Steve & Phyllis Lay 759 - 1816	Tour de Kota. South Dakota. \$\$\$\$. Six day tour.  www.argusleaderbiketour.com
06/08 Sun	8 AM - 10:30 AM	All	16M, 35M, & 100K	Friends of Fort Worden 360-344-4459	Fort to Fort Ride , Pt. Townsend, \$\$\$. Ride through scenic Jefferson County to either Old Fort Townsend or Fort Flagler. Benefits The Friends of Fort Worden, a registered non-profit group that supports the park. http://fort2fortride.org
06/08 Sun	10 AM	2 B	Varied	Jill Priest (360)271 - 8984	Sister Club Ride. See the beautiful backroads of Shelton & the Hood Canal w/ the 5 Sister Clubs. Start: Wallace-Kneeland Blvd @ the K-Mart on left side behind gas station in upper Shelton. 
06/08 Sun	10 AM	2 D	55	Carol & Roz Davis 460 - 5622	Wild Rhody Ride. Bring a picnic lunch. Start: QFC parking lot in Belfair. 
06/08 Sun	1 PM	2 B	40	Ron Nowicki 661 - 2664	Courage Classic Training Ride #6. All are invited to join the TWBC CC Team or just come out & ride w/ them. Start: Celebration Park, Federal Way. 
06/09 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  Rain Cancels. See 06/02 for Ride Details.
06/10 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
06/10 Tues	6 PM	00 Meet	00 & Eat	Carol Davis 380 - 8819	Board Meeting @ the Kim Ahn Restaurant across from TCC on Mildred. Guests & Club Members welcomed.
06/11 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders. Ride across the Narrows Bridge. Start: Starbucks @ 26th & Proctor.  
06/12 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels. See 06/05 for Ride Details. 
06/13 Fri	9:30 AM	2 B	25 - 30	Lou & Karel Vance 921 - 4847	3M Fridays. Join us for some fun riding & bring a lunch for eating in a park or somewhere to eat. 3MF's Start: Starbucks @ 26th & Proctor.



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06/13 Fri	9:30 AM	2 B	50	Bob Myrick 473 - 7455	Ride to Chase Gardens, @ 16015 - 264th St. E, near Lake Kapowsin. Bring an energy bar & \$5 for admission. Start: East Puyallup Trailhead. 
06/14 Sat	9:30 AM	1 B	18 - 20	Gene Smith 272 - 6747	A Casual Ride w/ Gene. Route is the Scott Pierson Trail, then around town w/ a stop for coffee. Start: Skyline Park & Ride.
06/15 Sun	1 PM	2 C	50 or 100	Ron Nowicki 661 - 2664	Courage Classic Training Ride #7. From Federal Way to Orting. All are invited to join the team or just come out & ride. Start: Celebration Park, Federal Way. 
06/15 Sun	2 PM	1 B	20	 Carla Gramlich 879 - 0115	Blue Vespers Pre-Ride. Ride includes afternoon lunch stop; maybe another stop @ Park Ave. Tavern. Blue Vespers will follow @ 5 PM w/ the Henry Cooper Band. Start: Immanuel Presbyterian Church, 901 N "J" St.
06/16 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  Rain Cancels. See 06/02 for Ride Details.
06/17 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
06/17 Tues	7 PM	Meet &	Greet	TWBC 759 - 2800	June Club Meeting. M/A Wild West VFW Post #91, 2000 S. Union Ave., Tacoma. June Topic: Commuting by Bicycle & Election of Club Officers.
06/19 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels. See 06/05 for Ride Details. 
06/20 Fri	9:30 AM	2 B	20	Lou & Karel Vance 921 - 4847	3M Fridays. Join us for some fun riding & bring a lunch for eating in a park or somewhere to eat. 3MF's Start: Starbucks @ 26th & Proctor.
06/20 Fri	5:59 PM PST	1159 PM UT	Long	Summer Solstice	Latin: sol (sun), sistit (stands). Longest day of the year north of the equator (~ 23.5 degree arc). About 15 hrs of daylight today. 
06/22 Sun	1 PM	2 B	60	Ron Nowicki 661 - 2664	Courage Classic Training Ride #8. From Federal Way to Southcenter area. All are invited to join the team or just come out & ride. Start: Celebration Park, Federal Way. 
06/22 Sun	1 PM	2 B	30	Carla Gramlich 879 - 0115	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. Riding along (no marking), gains a cue sheet. TdP Start: Freighthouse Square.
06/22 Sun	1 PM	2 B	20	Bob Myrick 473 - 7455	Ride to the Trail Bike Competition on Ruston Way Late lunch in Ruston.  Start: Freighthouse Square.



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06/23 Mon	9:30 AM	1 C	22 (13)	Joyce Clifford 759 - 2393	Hail, hardy & ready for coffee.  Rain Cancels. See 06/02 for Ride Details.
06/24 Tues	9 AM	2 B	30 - 50	Call Ride Line 759 - 2800	Tues. Decide to Ride. Start: Call Ride Line or check Club Website for details.
06/24 Tues	5:30 PM	1 B	16	Joyce Clifford 759 - 2393	Summer Sounds. Ride to Skansie Brothers Park on the waterfront in Gig Harbor to hear Big Hands Colvin evening concert (6:30 - 8 PM). Rain Cancels.  Start: Starbucks @ 26th & Proctor.
06/25 Weds	5:30 PM	2 B	20 - 25	Peg Winczewski 475 - 3625	Knight Riders. Destination is Steilacoom, bring lights & reflective gear. Co-leader Marguerite Richmond, 272 - 1254.  Start: Starbucks @ 26th & Proctor.
06/25 Weds	6 PM	2 B	20	Carla Gramlich 879 - 0115	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. TdP Riding along (no marking), gains a cue sheet. Start: Freighthouse Square.
06/26 Thurs	9:30 AM	2 A	30	Lonna Cain 475 - 8853	Silk Road Smooooothly. Rain Cancels.  See 06/05 for Ride Details.
06/26 Thurs	6 PM	1 A	10	Bob Myrick 473 - 7455	Solstice Bicycle Ride & Picnic. This is the second Summer Soltice Picnic @ the Engle's Estate. This is a large gathering of environmentalists & is a potluck (bring your own tableware). The potluck gathering runs from 6 - 9 PM. Ride starts @ 6 PM.  Start: Engle's Estate, 4011 Alameda Ave, UP.
06/26 Thurs	7 PM	1 B	12	Carla Gramlich 879 - 0115	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. TdP Riding along (no marking), gains a cue sheet. Start: Freighthouse Square.
06/27 Fri	9:30 AM	2 B	25 - 30	Lou & Karel Vance 921 - 4847	3M Fridays. Join us for some fun riding & bring a lunch for eating in a park or somewhere to eat. 3MF's Start: Starbucks @ 26th & Proctor.
06/27 Fri	1 PM	2 B	50	Carla Gramlich 879 - 0115	Tour de Pierce Pre-Ride (Course Marking). Helping to mark the course, gains a free TdP Ride. TdP Riding along (no marking), gains a cue sheet. Optional ride to the HUB for dinner following the ride. Start: Freighthouse Square.
06/28 Sat	9:30 AM	1 B	18 - 20	Gene Smith 272 - 6747	A Casual Ride w/ Gene. Route is the Scott Pierson Trail, then around town w/ a stop for coffee. Start: Skyline Park & Ride.



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06/28 Sat	9:30 AM	2 B	65	Louis Boitano 922 - 1168	Figure 8 around Lake Washington. Start: Gene Coulon Park, Renton. 
06/29 Sun	8 AM	All	12, 30 & 50	Pierce County Parks & Recreation	Tour de Pierce. \$\$\$ Start: Gold Parking Lot @ the Puyallup Fairgrounds. www.co.pierce.wa.us/pc/services/recreate/tourdprc.htm
06/29 Sun	7 AM; 1 PM	2 B	50 or 100	Jim De Young 686 - 8995	STP Training Ride: <u>Part 1</u> , @ 7 AM w/ <u>breakfast</u> stop in Roy; <u>Part 2</u> , @ 1 PM w/ <u>dessert</u> in Yelm. Start: <u>Part 1</u> : Dupont Forza Coffee, a couple of blocks south of the P & R; <u>Part 2</u> : Dupont P & R.
06/29 Sun	1 PM	2 C	50	Ron Nowicki 661 - 2664	Courage Classic Training Ride #9. Over the Bridge & explore the Kitsap Peninsula Come ride with or join the team.   Start: Skyline P & R.
06/30 Mon	9:30 AM	1 C	22 (13)	Volunteer Leader Needed 759 - 2800	Hail, hardy & ready for coffee.  Rain/ Cancels. See 06/02 for Ride Details.

Pace Code Chart,

Examples: Average mph on flat surface:

- 1 - Easy pace, frequent stops to regroup, 9-12 mph on flats.
- 2 - Moderate pace, occasional stops to regroup, 12-15 mph.
- 3 - Steady pace, limited stops, cue sheets/maps, 13-16mph.
- 4 - Fast pace, very limited stops, cue sheets/maps, 16 + mph.

Ride Code Chart,

Terrain Code Examples:

- A - Mostly Flat (Interurban Trail)
- B - Gently rolling with one or two steep hills
- C - Rolling steeper hills (Kitsap Peninsula)
- D - Difficult terrain with longer, steeper hills (Vashon Island)

Gov. Affairs, cont. from page 4, column 2

I hope you all have a great summer and enjoy riding your bikes more and worrying less. When you get your new Pierce County Bike map, please feel free to direct any comment to the County so they will be aware of your input into the process.



Sierra Spectacular, August 2-17:

Ride through the most spectacular parts of the California Sierra: Shasta, Lassen, Lake Tahoe, Yosemite, King's Canyon, Sequoia. Average day: 60 miles. Sag will accompany us. Camping with some motels. You may take the train to the start and from the finish. Contact Carol Davis, president@twbc.org if you are interested.

COG Correction: At this time I would like to offer an apology to Kris Symer for use of her article in the May COG without identifying her as the author - the Editor.



MEMBER'S STUFF FOR SALE



Quantities are limited, so act now. Assembly may be required

Yakima Bicycle Rack for Pick-Up Truck

Fits small pickup, i.e., Ford Ranger, Nissan Frontier, etc. Single bar with two fork mounts that fits across the bed of the truck. \$10.00. Contact Gary Finke at garyfinke@pobox.com or 520-490-3997.

Special to the Web Version of the COG:
This section will not be seen in Print until the July Issue!

**California Dreamin’
A Women’s Spring Break Ride
(part 2)**

By Mary Magee

We turned south on Hwy 1 for a long flat stretch and arrived at the elegant Hill House Hotel, which sits on a bluff in Mendocino, a quaint, misty, coastal town, filled with restaurants, art galleries, B&B’s and Victorian homes surrounded by white picket fences and soft country gardens. In various groups we wandered the town then returned to Hill House for our happy hour.

Dinner was at The Moose Café (an odd spelling but correct) where we had our own room, with a view of the ocean. We celebrated everyone’s riding accomplishments and enthusiastically tipped our young busboy.

In the morning eight women started riding while Carol and I had a leisurely breakfast in town at the McCallum Inn. We hurriedly drove to catch up with the cyclists and counted ducklings again as they rode along the dreamy coastline then inland on Hwy 128, passing rivers and through redwood forests into little, bucolic, wine-producing Anderson Valley.

Here I took my first opportunity to ride, where it was sunny and flat surrounded by green velvety hills dotted with oak trees and wineries at every turn. Carol continued to drive and explore wineries, a tough job but someone had to do it! As a sag driver it was good to know others were willing to drive so I could get some exercise. Several of us had lunch in Boonville at an organic café, a real find. Due to rumors that the trek from there to Cloverdale was darn hilly, Debbie, Dottie, Jane and I put our bikes on the rack and scrunched together in the car, exclaiming gratefully as Carol drove up the hills.

At the Best Western in Cloverdale we met up with Toni, who’d ridden ahead. Carol drove back to check on the riders, but they all insisted on cycling all the way. The hotel graciously allowed us to have our happy hour in the lobby/breakfast area and from there we went to dinner at a nearby Mexican restaurant.

Cloverdale sits at the northern tip of the Russian River Valley, so the next morning began our journey south through this splendid area. After negotiating rolling hills we came to Dry Creek Road where everyone stopped at the elegant and grand Ferrari-Carano Winery. Here perched on a hill, was a cream-colored mansion surrounded by an expanse of flowering gardens and vineyards. The building was spacious and multi-leveled with a gift shop, a cellar and two wine tasting areas. From here, one group cycled on while several stopped at another winery. I switched into riding gear and handed the car keys over to Cynthia who’d offered to drive. I was glad that earlier that morning I’d asked Toni to check my tires. She’d discovered and repaired a flat! I rode with the group to the trendy little town of Healdsburg where several of us met for lunch on the square.

After Healdsburg it was only a few miles to Windsor where we would stay in Toni’s time-share condo. Before getting to Windsor we stopped in various wineries depending on our mood. Once in Windsor, we had margaritas, compliments of Cynthia, then ordered in pizza and salad.

The next day was a rest day. Some of us visited wineries, some shopped for dinner or rested, and several of us, myself included, cycled to Santa Rosa to see the Charles Schultz museum, a tribute to the creator of the Peanuts cartoon. We ate at the Warm Puppy Café where Schultz used to eat lunch every day.

That night we had a wonderful meal at the condo, compliments of Toni, Dottie and Jane. This was also the night when Joyce and Debbie were working to create gag gifts out of all the road treasures they had found. The room I shared with Joyce was filled with every kind of doodad: loose road divider buttons, discarded cell phones, a tiny toy motorcycle, strands of plastic, an antenna, scraps of wood etc. etc.

The next day we loaded up the car (and the road treasures) and again I took the wheel, counted my ducklings and followed them north back toward Cloverdale. A quick coffee stop in Healdsburg, another head count and we were off. In Cloverdale several of us stopped for surprisingly good...

**California Dreamin’....,
continued in the July Web COG**

Spend the Weekend in Port Townsend?

By Cynthia Hammer

Do you want to spend the weekend of June 7-8 exploring what Port Townsend/Fort Worden area has to offer? Do you want to bike, shop, hike, walk on the beach, eat at some great restaurants, etc? Cynthia and Steve Hammer have reserved the group campsite at the Old Fort Townsend State Park for Saturday night. This park is a beautiful forested park with 49 campsites. If we get 20 people, the cost would be \$3 per person for using the group site—a bit more if there are few people. Six have already signed up. If there is enough interest, we could also reserve the group

campsite for Friday night. Plan on bringing something for the potluck on Saturday night. Cynthia will provide the plates, cups, and napkins.

There are only vault toilets in the immediate area, but showers and flush toilets are near by. Cynthia will be organizing bike rides for both Saturday and Sunday—the ride on Saturday would be the routes of Rhody Ride, starting at 9 a.m. with lots of options for distance, while the ride on Sunday is the Fort to Fort. (<http://www.fort2fortride.org/>) You may want to register for this ride in advance.

Let her know if you want to be there both Friday and Saturday nights or Saturday night only. Call her at 253-752-0801 or email her at cynthiahammer@nventure.com.



The 'Cadillac' of Commute Bikes

Seen at the April General Meeting.

Owned by Chris Wendt.

Note the CB radio on the handlebar & the front headlight, operated by the battery on the back rack!
(Photo on Left)

Note the battery on the rear rack, the CB antenna, the side & rear lights.
That front light is really bright!
(Photo Below)



At the June General Meeting,

the topic will be **Commuting by Bicycle**.

Come hear techniques

to help you carry your

CarLess Commute throughout the summer!

(Photos submitted by Ralph Wessels)



CarLESS Commute Participation Form

*Find a better way
to commute!*

Name: _____

Address: _____

Employer: _____

Phone: _____

Avg. One-way miles: _____

June 2-15, 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2	3	4	5	6	7
8	9	10	11	12	13	14
15						

Please use the legend below to indicate the mode used on each day you participate:

B Bike **CT** Commuter Train
Bus Rode Bus **TW** Telework
CP Carpool **VP** Vanpool
CW Compressed Work **W** Walk

Week (Ex: Four ten hour days, only count the fifth day -your "extra" day off - as CW.)

*Mail or Fax by July 3, 2008 to:
Pierce County Parks & Recreation
CarLESS Commute Coordinator
9112 Lakewood Drive SW
Lakewood, WA 98499
Fax: (253) 582-7461*

Commuter and recreational miles are eligible.
One (1) entry per person. All entries must be complete to be valid.



From TWBC The Cog-nitive Courier





Pierce County Parks & Recreation

presents the 18th annual

Tour de Pierce

Sunday, June 29, 2008



12, 30, and 50
mile routes



www.piercecountywa.org/parks

Tour de Pierce is a summer bicycle ride
through central Pierce County for fitness and fun,
promoting bicycle awareness and safety.

Tour de Pierce offers enjoyable cycling from 8:00 AM - 3:00 PM on Sunday, June 29, 2008. The ride winds through Puyallup, Sumner, and adjacent farm lands. A rest stop at the Riverside County Park, east of Sumner, will offer entertainment, light refreshments, and restrooms for riders.

The 12-mile route provides a flat, easy ride suitable for families and novice riders. A longer 30-mile loop extends the ride past farms, flower fields and more scenic views of waterways and Mount Rainier. The 50-mile course travels through parts of Puyallup, Tacoma, Fife, Sumner and Milton.

Tour de Pierce starts at the Gold parking lot of the Western Washington Fairgrounds on South Meridian and 7th Street SE, in downtown Puyallup. The Gold parking lot is diagonally across the Puyallup Fair's corner entrance on Meridian Street. The course opens at 8:00 AM and closes at 3:00 PM. **Riders may start between 8 AM -12 noon.** Registration will remain open until noon.

Helmets approved by CPSC required for this event

Pre-register by June 18th
\$10 per person or \$25 per family

Pre-register your group
of 12 or more for \$5.00 per person

Register the day of the event on June 29th.
\$12 per person or \$30 per family

Register online for a
small fee at www.active.com

Questions about Tour de Pierce?
(253)798-4177
www.piercecountywa.org/parks

2008 Tour de Pierce Registration Form

Name _____

Address _____

City/State/Zip _____

Phone _____ E-mail _____

Enclose check or money order payable to:

Pierce County Parks & Recreation
Tour de Pierce
9112 Lakewood Dr. SW
Lakewood, WA 98499-3998



From the
TWBC
Cog-nitive
Courier



Confirmation will not be sent. Pre-registered riders will check in at the start of the ride.

Pre-registration Fees: (Postmarked by June 18)

Individual	\$10	
Family	\$25	
T-Shirt	\$8 ea	

Day of Ride Fees:

Individual	\$12	
Family	\$30	
T-Shirt	\$15 ea	

Total Number of Family Members _____

Amount Enclosed \$ _____

Indicate T-Shirt size(s) and quantity:

YL____ AS____AM____AL____AXL____AXXL____



Tacoma Wheelmen's Bicycle Club
PO Box 112078
Tacoma, WA 98411

E-mail Delivery

JUNE
2008



E-mailed to:

Your computer or electronic device!



Please Note: You can become a member at www.twbc.org. Click on 'Online' under the Join heading.

Become a member of TWBC

Name: _____

Address: _____

City, State: _____

Home Phone: _____

Work Phone (optional): _____

E-mail: _____ @ _____

(all info. is for Club use only--please print clearly!)

Please Check Those That Apply:

☐ New Member ☐ Renew ☐ Addr Chg

Please Note: COG delivery is now electronically via E-mail, unless you indicate here ☐ for the more costly, less 'Green' delivery method through the US Postal Service.

Individual person membership Fee..... \$15 _____

Family membership Fee..... \$20 _____

One-time Initiation Fee\$5 _____

Total Membership Fee(s)\$ _____



Send this form and a check for the total \$ amount to:

TWBC Membership
PO Box 112078
Tacoma, WA 98411

☐ Check box if you do not want your USPS address, phone # or email address in the yearly membership listings.

Also...Check boxes if you are interested in volunteering for:

- ☐ Leading Bike Rides
- ☐ Events (Daffodil, PMC, Headwaters)
- ☐ Newsletter
- ☐ Club Meeting Programs
- ☐ Becoming a Club Officer

Thanks for becoming a Member of TWBC !



A child finds comfort with her thumb while being fitted with a new helmet
by Noel Hagens.

Children's Safety Fair Sights from May 5, 2009.

Squiggl'n, wiggl'n, and squirm'n
Tries patience, most unnerv'n.

(Photos taken by Carla Gramlich)



Steve Kubiszewski spends time
providing a proper fit.



(Left)
Joe Kurmaskie, “The Metal Cowboy,”
laughs while entertaining
the May General Meeting
with tales of taking his family
by bicycle
across Canada.

(All Photos taken by Carla Gramlich)

(Below)
Peggy Fjetland (right) & Gene Smith (left) on the After Work Ride to the Hub on May 14, 2008.
Note Peggy’s raingear (clever Peggy!).
Note Gene’s lack of raingear, regardless of those dark clouds behind him (brave Gene!).





Zeit Bike at the Tacoma Arts Museum

(Photo taken by Carla Gramlich).

Cycle Safely this Summer!

Remember, 'bent' wheels are meant to be art in the proper setting,

not attached to your bike out on a ride!

If you don't make it to the June General Meeting

for the Topic of Commuting by Bicycle,

then see you at the next General Meeting in September!